



# Northfield St. Nicholas Primary Academy

St Margaret's Road, Lowestoft, Suffolk, NR32 4HN

☎: 01502 563528

✉: [office@nsnacademy.com](mailto:office@nsnacademy.com)

🌐: [www.nsnacademy.com](http://www.nsnacademy.com)



Headteacher: Mr. I. W. Owens  
Deputy Headteacher: Mrs. J. Catchpole

3<sup>rd</sup> March 2022

Dear Parents / Carers,

## PE Kit

PE (physical education) is an important part of the national curriculum. In these lessons your child will develop their fundamental movement skills and learn how to: work as a team; problem solve; and build their confidence. Physical activity also plays an important role in mental wellbeing. Being physically active can have a positive impact on wellbeing and is proven, by scientists, to improve mood and mental health.

All children have to take part in PE, unless there is a medical reason for them not. If your child is not able to take part in PE due to a medical reason please ensure you discuss this with your child's class teacher.

At Northfields, we ensure that our PE lessons incorporate the principles of our ASUPERHERO curriculum. All children are provided with suitable challenges and the lessons are engaging through use of friendly competition; use of a range of PE equipment, such as the gymnastics climbing frames; and the opportunity to improve gross motor skills.

It is important that the children are in the correct kit for ease of movement and also for safety reasons. Children should come to school in PE kit on the day they have PE and if they do not have the correct kit they will be lent a clean kit from school. They will need to return the kit on the same day to be washed at school and we will phone you to advise that they did not have the correct kit. If after three times of having to call home, your child still does not wear their PE kit, a meeting with a phase leader will be arranged. If you are experiencing any hardship, please speak to a member of staff for ways we can support.

Please see details below regarding when each year group has PE.

## PE Lesson Days

Monday- Year 1 and Year 4

Tuesday-Year 2 and Early Years

Wednesday- Year 5

Thursday- Year 1, Year 2 and Year 3

Friday- Year 6

I have also enclosed a copy of our PE uniform expectations for your information.

Thank you for your ongoing support and should you have any further questions please do let us know.

Yours sincerely

Miss Wheeler

PE Leader

**LOOK SMART, THINK SMART, BE SMART.**

*The Northfield St Nicholas way*

**Learning Leadership Enjoyment Responsibility Inspiration Inclusion Integrity**

